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READ IT *before you EAT IT!*



How many servings are you eating?

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans fat 0g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 20% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below.*

Get What You Need!

Get LESS

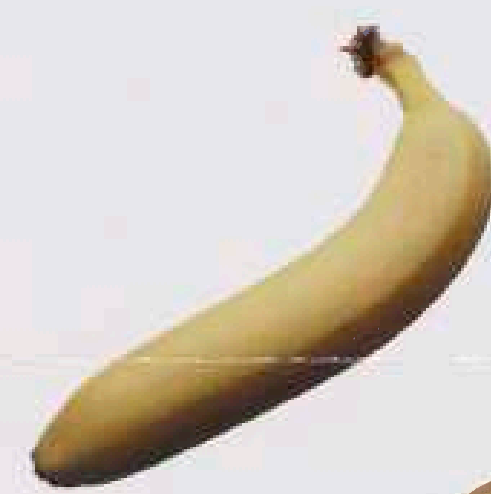
5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high



What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices

Plain Muffin

Nutrition Facts	
Serving Size 1 muffin (55g) Servings Per Container 6	
Amount Per Serving	
Calories 120 Calories from Fat 40	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • Iron 6%	

Glazed Doughnut

Nutrition Facts	
Serving Size 1 doughnut (55g) Servings Per Container 8	
Amount Per Serving	
Calories 250 Calories from Fat 120	
	% Daily Value*
Total Fat 14g	21%
Saturated Fat 3.5g	17%
Trans Fat 4g	
Cholesterol 5mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	0%
Sugars 9g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

Honey Graham Crackers

Nutrition Facts	
Serving Size 2 crackers (30g) Servings Per Container 14	
Amount Per Serving	
Calories 120 Calories from Fat 25	
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Vegetarian Chili

Nutrition Facts	
Serving Size 1 cup (130g) Servings Per Container 2	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 10% • Vitamin C 8%	
Calcium 4% • Iron 8%	

Pepperoni Pizza

Nutrition Facts	
Serving Size 1 slice (140g) Servings Per Container 8	
Amount Per Serving	
Calories 400 Calories from Fat 230	
	% Daily Value*
Total Fat 25g	38%
Saturated Fat 11g	55%
Trans Fat 1g	
Cholesterol 50mg	17%
Sodium 920mg	38%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 19g	
Vitamin A 15% • Vitamin C 2%	
Calcium 30% • Iron 6%	

Pork Loin Chop, Broiled

Nutrition Facts	
Serving Size 3 ounces (85g) Servings Per Container 5	
Amount Per Serving	
Calories 170 Calories from Fat 60	
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 26g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Lowfat Milk, 1%

Nutrition Facts	
Serving Size 8 fl oz (240ml) Servings Per Container 8	
Amount Per Serving	
Calories 100 Calories from Fat 25	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 10% • Vitamin C 4%	
Calcium 30% • Iron 0%	

Orange Soda

Nutrition Facts	
Serving Size 1 can (360ml) Servings Per Container 1	
Amount Per Serving	
Calories 190	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Sugars 48g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

Orange Juice, Plus Calcium

Nutrition Facts	
Serving Size 12 fl oz (360ml) Servings Per Container 8	
Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 2g	
Vitamin A 0% • Vitamin C 180%	
Calcium 35% • Iron 0%	

*Answer:

Box of macaroni and cheese.

How do your choices stack up? This combination of foods and amounts meets the MyPyramid food group

recommendations for about 2,000 calories a day. The photos show approximate serving sizes from the five major food groups of the MyPyramid. This combination of food choices shows the servings from the Pyramid for an older child, or teen girl, for one day. Teen boys may need more servings of foods.

teamnutrition.usda.gov

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